

FRESH FOOD SHARE

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Produce Storage & Longevity Guide

Though Fresh Food Share boxes come once a month, the produce is not meant to last that long. More than once, I have gone digging for dinner in my crisper drawer and found brown, slimy greens. It wasn't their fault—I just left them in there for two weeks. Some things that come in the boxes, while fresh, naturally have a limited shelf life; other produce stays fresh longer. Planning your meals to use more fragile produce first will keep it from going to waste. Toward that goal, we have put together this hopefully helpful guide to produce shelf (refrigerator) life.**

Caution: DO NOT store your fruits and vegetables next to one another. Chemicals given off by fruit as it ripens can cause your vegetables to spoil faster.

Other words of advice? Keep an eye on your produce. Fruits and veggies won't go bad overnight, but if you check them regularly they are less likely to slip past the point of edibility without you noticing.

Eat us first:

TOMATOES: Store ripe tomatoes in the refrigerator's vegetable crisper. They do not need to be bagged. Ripe tomatoes will usually keep 2 to 3 days in the refrigerator.

ORANGES: If you are not planning on consuming your navel oranges within 3 to 4 days, refrigeration is necessary. You can safely store them in the fridge for up to 2 weeks. If you are trying to keep them 2 weeks or longer, wrap them individually in paper to keep moisture out. If you have sliced them you will want to put them in a sealed container to keep them as fresh as possible.



LETTUCE & GREENS: You can keep your greens stored in a plastic bag in the refrigerator crisper drawer 5 to 7 days and do not wash until just before you are ready to use it. At the first sign of wilting, use immediately. Lettuce and greens must be dried before storing in refrigerator.

BANANAS: You can also store bananas at room temperature. If your bananas get too ripe you can always freeze them whole in the peel and use it to make banana bread or smoothies!

No rush, but plan on eating us soon:

CAULIFLOWER & BROCCOLI: Store uncut broccoli in the

fridge, where it should last at least 1 week. Cauliflower can be stored in a plastic bag in the refrigerator where it will also last 1 week.



PEPPERS: Store whole peppers in a paper bag in the vegetable crisper where they will keep for up to a 7 days. If you do not plan to use soon, you can slice and freeze fresh peppers to use in recipes later.

CELERY & LEEKS: Fresh leeks and celery should be stored unwashed and untrimmed in the refrigerator, where they will keep fresh for between 7 to 14 days. It is recommended to rinse, dry and remove any blemished or damaged celery leaves and stalks prior to storage.

APPLES: Store in the refrigerator, away from potatoes and other vegetables. If you have any slightly bruised apples you can store them on the counter so that you will eat them first. Apples with too many bruises can be washed, sliced, and frozen in a Ziploc bag. Get enough of them and you can make a pie!

CORN: Store whole, unhusked corn ears in the refrigerator to last for 5 to 7 days. If you want to extend the life of your corn, you can boil, cut off the cob and freeze in a plastic bag for up to 6 months.

We will last pretty long:

POTATOES: Place in a paper bag or bowl. Store in a dark and dry place.

CABBAGE: Refrigerate uncut cabbage head until ready to use.

CARROTS & BEETS: Carrots can be refrigerated until ready for usage. Store beets in the refrigerator, where they should last 2 to 3 weeks.

ONIONS: Do not wrap onions in plastic or store in plastic bags. A lack of air circulation will reduce shelf life. Keep onions out of direct sunlight and other heat sources. Do not store with potatoes. Cut onions will keep for several days if sealed in plastic bags or containers and refrigerated.

****Disclaimer: This is meant to be a guide, not a guarantee. Freshness lengths are estimates based on averages, not promises. Refrigerators and room temperatures vary from home to home.**



Your Share This Month

Potatoes
Onion
Carrots
Greens

Romaine
Beets
Broccoli
Mini sweet peppers

Celery
Tomatoes
Cauliflower
Leeks

Bananas
Oranges
Apples

Heart Healthy Produce

You have very likely seen an overabundance of hearts—in the form of stuffed, chocolate and candied—on the shelves at your local grocery stores. That way you know it is February and Valentine’s Day is on the horizon. But, the month of February is not only known as the month where millions of secret admirers, boyfriends, girlfriends, husbands and wives spoil the object of their affection with gifts and treats. It is also known nationally as American Heart Month.



Heart disease, while having dropped in recent years, is still the leading cause of death in our country; according to the CDC, it kills about 600,000 people each year. Although that fact is terrifying, there are ways of arming yourself, combating the evil dwellers, and putting up a courageous fight before any disease—including heart—begins to attack your vital organs. One surefire way to arm yourself? Eat a rainbow of veggies and fruit!

Red vegetables such as cranberries, beets, raspberries contain phytochemicals which help stave off cardiovascular and coronary artery diseases, lowers blood pressure, and will protect you against circulatory issues caused by another health enemy: diabetes. Oranges such as carrots, apricots and mangos are loaded with potassium to help ward off heart disease, while also containing beta-carotene that helps boost your immune system. Blueberries come packed with antioxidants that fight anti-inflammatory diseases and cancers, and will help keep your memory sharp. White vegetables like onions, cauliflower, and garlic contain flavonoids which significantly helps reduce your risk of heart disease.

While one month of colorful veggies and fruits won’t provide much of a shield against cardiovascular disease, giving your heart some unconditional love and making a commitment to rainbow eating will protect it for years to come.

Fresh Food Share Tips & Quips: Improving Heart Health

At a lost on how to get started with improving your heart, looking for some new tips or want to maintain a healthy and proactive lifestyle? Here are a few ideas to get you on the right path to maintaining healthy and happy heart.

De-Stress:

This may sound like a hard one, but it is worth the try! Unplug yourself from the news cycle and your e-mail; in other words, take up to 15 minutes and gradually take more and more time away from the very hectic outer world. If you find yourself in the middle of a busy work shift, taking about 5 minutes to do some deep breathing will be extremely mind-easing and could also help lower your blood pressure and heart rate.

Easy on the Salt:

Especially crucial for those who suffer from high blood pressure, it is important to cut back on the sodium in your diet. High blood pressure is a major risk factor of heart attack, and therefore it is best to aim for a teaspoon or less of salt intake in your daily diet. Try to aim for less processed foods, which will not only lower your salt intake but it will also reduce cholesterol intake—knocking out two birds with one stone.

Last but not least, eat more veggies and fruits:

It can’t be stressed enough! Start by adorning your cereal with berries, bananas or raisins. Pile lettuce, tomato, peppers, shaved carrots and spinach on your sandwiches. Add fresh slices of lemon, lime or oranges to your water for some flavor. Throw in extra vegetables into soups, stews and casseroles. All ideas are quite easy to try!



Curried Carrot Soup

Serves: 6

Ingredients

- 1 tbsp. olive oil
- 1 tsp. mustard seed
- 1/2 yellow onion, chopped
- 1 lb. carrots, peeled and cut into 1/2-inch pieces
- 1 tbsp. plus 1 teaspoon peeled and chopped fresh ginger
- 1/2 jalapeno chili, seeded
- 2 tsp. curry powder
- 5 c. chicken stock, vegetable stock or broth
- 1/4 c. chopped fresh cilantro (fresh coriander), plus leaves for garnish
- 2 tbsp. fresh lime juice
- 1/2 tsp. salt (optional)
- 3 tbsp. low-fat sour cream or fat-free plain yogurt
- Grated zest of 1 lime

Preparation

In a large saucepan, heat the olive oil over medium heat. Add the mustard seed. When the seeds just start to pop, after about 1 minute, add the onion and sauté until soft and translucent, about 4 minutes. Add the carrots, ginger, jalapeno and curry powder and sauté until the seasonings are fragrant, about 3 minutes.



Add 3 cups of the stock, raise the heat to high and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, until the carrots are tender, about 6 minutes.

In a blender or food processor, puree the soup in batches until smooth and return to the saucepan. Stir in the remaining 2 cups stock. Return the soup to medium heat and reheat gently. Just before serving, stir in the chopped cilantro and lime juice. Season with the salt, if desired.

Ladle into warmed individual bowls. Garnish with a drizzle of yogurt, a sprinkle of lime zest and cilantro leaves.

Recipe courtesy of IowaGirlEats

Beet Brownies

Serves: 24

Time: 1 hour; 30 minutes prep

Ingredients

- 8 oz. raw beets, peeled and halved
- 8 oz. unsalted butter (2 sticks)
- 3/4 c. dark brown sugar
- 3/4 c. white sugar
- 4 eggs
- 1 1/4 c. cocoa powder
- 1 tsp. salt
- 1 tsp. baking powder
- 1 tbsp. vanilla extract
- 3/4 c. white flour
- 1 c. chocolate chips

Preparation

Preheat oven to 350 degrees. In a small pot, add beets and cover with water. Heat over medium heat and cook 20-25 minutes until very soft. Drain, puree and set aside to cool.

In a medium pot over low heat, melt butter. Turn heat to medium-low and add both sugars. Stir until the sugar is dissolved, about 2-3 minutes, and remove from heat.

Beat the eggs on medium with a mixer for about 2 minutes. Add cocoa powder, salt, baking powder and vanilla extract, and mix well.

Add pureed beets and butter-sugar mixture and mix well. On low speed, add flour and then chocolate chips, scraping the sides as needed. Spray a 9x13 inch pan with cooking spray, add butter and bake 30 minutes until knife comes out clean or just a few crumbs. Cool in the pan before turning out onto a cooling rack. Enjoy warm!



Recipe courtesy of Fresh Food Share

Homemade Ranch Dressing

Ingredients

- 1/2 to 3/4 cup Plain Full-Fat Yogurt or Greek Yogurt
- 1 tsp (or more to taste) of dried dill weed
- Sprinkle of salt and pepper to taste
- 1 small clove of garlic, minced
- 6 TBSP olive oil
- 2 TBSP parmesan



Preparation

Put yogurt, garlic and spices in a bowl and whisk until smooth. Alternatively, if you have a blender or food processor, you may feel free to put the 3 ingredients inside your

Very slowly, add in the oil so that it blends into the mixture.

Use immediately or store up to 1 week in the fridge, preferably in a Mason jar or any glass container with a sealable lid.

Recipe courtesy of WellnessMama



Cooked Greens



BOK CHOY



KALE



COLLARD GREENS

Healthy Serving Ideas

- Cook collards, Swiss chard, bok choy and spinach for a mild or sweeter flavor.
- Cook arugula, kale, and mustard greens for a peppery flavor.
- Sauté collard greens with garlic, onions, tomatoes, and olive oil.
- Simmer greens in low-sodium chicken broth until greens are tender and wilted.
- Stir-fry bok choy with carrots, corn, and red peppers for a colorful side dish.

Produce Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.
- **Helpful Hint:** Two cups of raw greens makes about ½ cup cooked.

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2015 DELIVERY SCHEDULE

MONTH	ORDERS DUE (Friday by NOON)	DELIVERY 1 (Thursday)	DELIVERY 2 (Friday)
January	9	15	16
February	6	12	13
March	13	19	20
April	10	16	17
May	8	14	15
June	12	18	19
July	10	16	17
August	14	20	21
September	11	17	18
October	9	15	16
November	13	19	20
December	11	17	18

Fresh Food Share Orders Due

Friday, March 13th

All Day

Fresh Food Share Boxes Delivered

Thursday, Mar. 19th or Friday, Mar. 20th

All Sites

COMMUNITY EVENTS TO BENEFIT GLEANERS

Russell Street Deli's Soup Academy

Tuesdays in February

Join the talented chefs at Russell Street Deli for a 4 week course on soups, stocks, bisques, broths, & more! Basic & advanced instruction available. \$150/person, with all proceeds benefitting Gleaners!

Detroit Boat Show

Wednesday, February 18

On Wednesday, February 18th, bring 5 nonperishable food items to receive free admission to the 57th annual Detroit Boat Show from 3-6pm to help feed our hungry neighbors in southeast Michigan.



To learn more about the Fresh Food Share, contact Ariana Riegel at 313-550-8034 or freshfoodshare@gcfb.org.

